

ELITE SELF-MASTERY PROGRAM

Sabina Shahabudin Sidhu

"Experience The Transformation Of Your True Potential Through An In-Depth Personal Transformation Journey."



About Sabina

Sabina was a seasoned HR practitioner in the hospitality industry with 28 years of extensive and in-depth experience covering all HR verticals across Asia Pacific & the Middle East. She led three regions, oversaw several mergers and acquisitions, and worked in a high-pressure, business excellence-driven environment.

She offers (i)Elite Mentorship Forum (EMF) (ii)Transformational Coaching and (iii)Heart Math - Resilience Advantage™@Work Workshop for business leaders. Her skills and abilities help leaders build personal resilience, explore their purpose, and nurture their inner capabilities. In turn, they gain deeper insights into themselves, discover untapped potential, and become fuller, freer and more fulfilled.

Contact



Phone:
+6016 603 5186



Email:
sabina@sabinashahabudin.com



LinkedIn:
Sabina (Shahabudin) Sidhu



Website:
<http://www.sabinashahabudin.com/>



ELITE SELF-MASTERY PROGRAM

ELITE MENTORSHIP FORUM (EMF)

The Elite Mentorship Forum is an ALL-ENCOMPASSING, ALL-INCLUSIVE, comprehensive program designed to break through every single personal limitation that holds people back from achieving everything they want to achieve and from becoming everything they wish to be.

Over 27 weeks, this powerful, refreshing, life-changing program offers the opportunity to create lasting transformation for individuals to unlock their fullest potential, resulting in a profoundly fulfilling, balanced and self-empowered life.

She has worked with professionals to discover their own innate potential, and capacity and create the results they want. Where Self Mastery is the key, she also gave them reasons to believe in themselves and become the BEST VERSION OF THEMSELVES, so they can create greater impacts on others (family, team, organisation, community) and perform at their best! This way, they will experience FREEDOM & FLOW.

They will be on a journey with an amazing high-level, like-minded peer group that will inspire true growth & success.

THIS PROGRAM COVERS EVERYTHING NEEDED TO CREATE LONG-LASTING TRANSFORMATIONAL CHANGE BEYOND WHAT THEY EVER THOUGHT POSSIBLE.

WHO IS EMF FOR?

EMF is for you if you wish to

- Find freedom from financial worry and welcome wealth, health and abundance into your life.
- Wake up with a joyful readiness to welcome the day.
- Experience lasting, positive change in every aspect of your career and life.
- Secure unlimited supplies of self-confidence and self-esteem.
- Develop and sustain new strong and uplifting behavioural habits to accomplish any life ambition.
- Hold infinite trust in yourself and your judgement as a leader.
- Be inspired and create a meaningful career that you want instead of the one you are currently living.
- Learn a mindful and positive approach for dealing with work-life crisis.
- Master control over your emotional reactions, so nothing can hurt or upset you.
- Say goodbye to procrastination and self-sabotage, and take your next step with complete certainty.
- Conquer barriers, worries and limitations that have been consistently holding you back.
- Master your mental, emotions and health so you are able to perform succinctly at any moment.
- Discover your greatest gift to attain meaningful purpose in your career and life.
- Experience freedom and flow to become the best version of yourself.
- Feel vibrant, loving and whole with no stress, limitations, or self-doubt.

MAYBE ASK YOURSELF, WHY YOU ARE HERE, READING THIS RIGHT NOW!

ELITE SELF-MASTERY PROGRAM

ELITE MENTORSHIP FORUM FOR ORGANISATION

Are you looking for an effective mentorship program beyond lateral development that can help your employees unlock their fullest potential and achieve everything that the company and employees ever wanted?

If so, then look no further than the Elite Mentorship Forum. It is an all-encompassing, all-inclusive program that offers comprehensive mentorship guidance to help your employees break through any personal limitations that might be holding them back from success.

What Makes Elite Mentorship Forum Different?

The Elite Mentorship Forum is different from other mentorship programs because of its comprehensive approach to personal development and growth. It provides the strategy and techniques necessary to help employees break through their comfort zone and self-limiting beliefs to achieve everything they want to achieve and become everything they wish to be.

The program is designed to ensure that employees have the right resources, tools and support to reach their goals and create the results they want. It focuses on helping employees develop unshakeable confidence, sustain positive behavioural habits, think clearly under pressure and discern appropriate solutions to business and work-life crisis. It also helps employees to find meaning in their work and to create lasting transformation in their lives.

The program also provides a unique opportunity to connect with like-minded peers and receive support from an experienced mentor and trainers. Our trainers are passionate about helping employees find their true potential and achieve their goals. They provide personalised guidance, support, and advice to help employees break through their limitations and unlock their fullest potential.

JOIN US AND UNLEASH THE POTENTIAL WITHIN

Join us and discover the true power of self-transformation. Let us help you to help your employees become the best version of themselves and unleash the potential within.

THIS PROGRAM COVERS EVERYTHING YOUR EMPLOYEES NEED TO CREATE LONG-LASTING TRANSFORMATIONAL CHANGE BEYOND WHAT YOU EVER THOUGHT POSSIBLE.

ELITE SELF-MASTERY PROGRAM

BENEFITS OF ELITE MENTORSHIP FORUM

EMF Benefits: Employers

- Enhance employee capacity to adapt, become resilient, and grow in the face of internal and external challenges.
- Empower their ability to manage work and navigate mental & emotional issues in the workplace.
- Unleash their creativity, problem-solving and come up with out-of-the-box solutions.
- Enhance efficiency to achieve and maintain peak performance.
- Inspire trust, teamwork and collaborative work between leaders and their teams.
- Lower turnover and medical costs, and enhance retention to maximize business performance and results.
- Prioritise employee health and wellness over general well-being services.
- Improve communication with compassionate directness.
- Include a first-rate vertical development program in the Employee Development Programs.



EMF Benefits: Employees

- Secure higher levels of self-confidence and self-worth.
- Conquer barriers and overcome self-limitations that impede their ability to perform at their best.
- Establish and maintain positive behavioral patterns to handle business, professional and personal challenges.
- Unlimited amounts of self-confidence to achieve business objectives.
- Create meaningful jobs and careers.
- Enhance the ability to think clearly under pressure and discern appropriate solutions to business and work-life crisis.
- Master the mind and emotions to perform succinctly at the moment.
- Take proactive steps to eliminate procrastination and self-sabotage to better their work performance.
- Lead with authenticity.
- Have clarity on their personal goals and business objectives to achieve.
- Experience creativity, innovation and flow to become the best version of themselves.
- Increase their self-awareness on stress management and their capacity to excel in everyday work-life challenges.
- Minimise conflict and disagreement between co-workers and at home means higher work productivity.
- Fuller, Happier & Healthier employees.

ELITE SELF-MASTERY PROGRAM

TRANSFORMATIONAL COACHING


This program is fully customised one-on-one Integral Coaching designed for professionals who want to discover more significant insights of themselves, find liberation from their current limiting beliefs, unlock unrealised potentials, and become a fuller, freer, and more capable person.

She coaches professionals who feel stuck, frustrated, and unfulfilled to expand their capacities and create greater impacts in the areas that matter most to them despite the vicious cycle of their work and life. As a result, they became more independent conscious leaders through lasting transformation, living a fulfilled and purposeful life.


For those who dreamt about being the best possible version of themselves but not exactly sure how to go about it, this coaching can help them to uncover the raw truth of who they are at the core, bring out their untapped true self and authenticity, open up to new possibilities so that they can achieve the desired outcomes.

APPROACH : WITHIN 3-6 MONTHS


01 INTAKE COACHING CONVERSATION

- 
- Getting a clear understanding of the coaching topic
 - What you desire to accomplish
 - Why it deeply matters to you


02 OFFER COACHING CONVERSATION

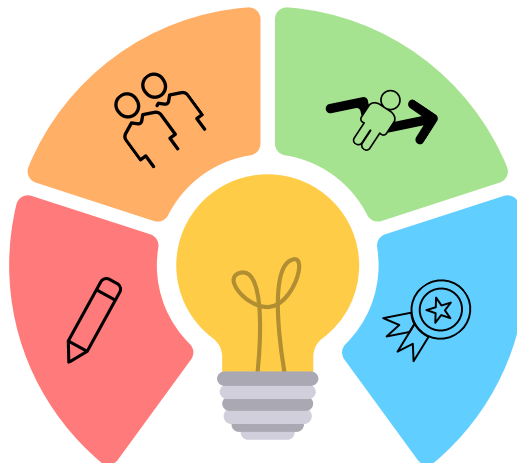
- 
- Clarify coaching objective and the desired outcomes
 - Explore and collaboratively work together to illuminate aspects of your Current State of Being in the topic; honour aspects of the current state that is allowed for and acknowledge limits of the current state that has to close down
 - Co-create with you and offer enablers of your New State of Being that you feel right, which will open up to new possibilities and fulfilment of the desired outcomes
 - Discuss your Developmental Objectives, Development Plan and key capabilities (muscles) that you need to build
 - Offer and agree on Coaching Program
 - Offer 1st Developmental Practice

03 DEVELOPMENTAL PATH

- 
- Select developmental objectives to focus on
 - Identify specific capabilities (muscles) to focus on and build on
 - Mutually agree on developmental practices and exercises to build new capabilities (muscles)
 - Illuminate aspects of your Current and New Way in the practices and exercises – Include & Transcend Development
 - Review progress. Explore what you have experienced, your insights and key learnings from the practices and exercises

04 COMPLETION - REFLECTION ON TIME TOGETHER

- 
- Clarify and analyse what you have achieved
 - Identify specific achievements in the Coaching Program
 - Offer additional recommendations to manage future challenges and ensure continued success
 - Express Appreciation, Gratitude, and Celebrate!



ELITE SELF-MASTERY PROGRAM

HEART MATH

RESILIENCE ADVANTAGE™@WORK WORKSHOP

The Resilience Advantage program teaches practical day-to-day applications that elevate employees' capacity to prepare for, recover from and adapt in the face of everyday work stress; to "bounce forward" healthily.

It establishes an ability to help employees navigate volatility, respond to uncertainty, be flexible with complex tasks, have the courage to recover from setbacks and unleash their creativity to manage ambiguous events. This program offers evidence-based strategies and techniques that have been proven to be effective over time, as documented in many research-based studies.

HEART & MIND COHERENCE



About Me

Sabina is among the first few in Southeast Asia to be certified as an Integral Coach with Integral Coaching Canada and Trainer with the HeartMath Institute, US. Today, she's a Trainer with Peter Sage Academy. She is also a certified Brain-Based Leadership Coach with Neuroleadership Institute, US. She's adept at a deeper understanding of human psychology that transcends the ordinary and average.

Contact

